



Lauderdale County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Lauderdale County School System in 2007.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Lauderdale County School System that includes:

- School Health Advisory Committee
- Seven Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy and the school health services policies
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$24,583.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ UT Extension Agent | ➤ Ripley Police Department |
| ➤ Lauderdale Community Hospital | ➤ Lauderdale County Sheriff Department |
| ➤ Commission on Aging | ➤ Lauderdale County Juvenile Services |
| ➤ Lauderdale County Health Department | ➤ Ripley Eye Care Clinic |
| ➤ Department of Human Services | ➤ Dyersburg State Community College of Nursing |
| ➤ Carl Perkins Center | ➤ Tennessee Technology Center in Ripley |
| ➤ Department of Children Services | ➤ District Attorney's Office |
| ➤ UT Martin – Ripley Campus | ➤ Rural Health Clinic |
| ➤ TKS Fitness Center | |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including Food Fiesta, Healthy School Teams, and the Advisory Council. Approximately 9 parents are collaborating with CSH.

Students have been engaged in CSH activities including Girl Talk – 13 girls and their Moms, Healthy School Teams- 28 students, Exercise of Fame – 8 pre-k classes – 120 Students and their parents and teachers, Walk Across Tennessee – 250 Students and their parents and

teachers, Food Fiesta – 120 Students, Leboneur Good Health Truck – 200 Students, BC/BS Walking Works for Schools – 200 Students and 20 Teachers, Marathon Club – 160 Students, Doc Reedy seminar after school – 50 Parents, and Project Lead – Better Me program – 40 Students. Approximately 1200 students are partnering with CSH to address school health issues.

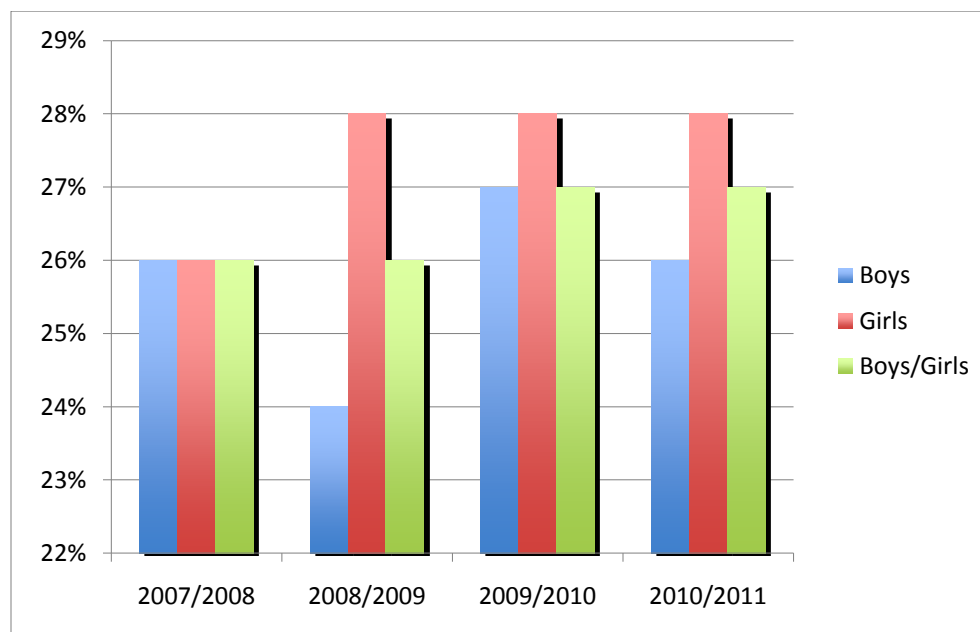
School Health Interventions

Since CSH has been active in the Lauderdale County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers –Total Screened: 7539, Total referred: 1178;

Students have been seen by a school nurse and returned to class include 38,556 seen by nurse and 17,646 returned to class – 48% of students returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. 45% overweight or obese in the Lauderdale County School System.



Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include a climbing wall, Dance Dance Revolution, Wii game systems, TV's to play Wii and Dance Dane Revolution, BRQ balls for 3 classrooms, recess packs for several classrooms, basketball goal for alternative and equipment, ping pong kits, and bad mitten sets;

Professional development has been provided to school health staff. This includes several physical education teacher inservices, stress management in-service, sent counselors and

physical education teachers to trainings (TAPHERD), diabetes education for nursing staff, asthma training, and bloodborne pathogen training;

School faculty and staff have received support for their own well-being through newsletters and “Building a Healthier You” program, and in-service on stress management.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – asthma awareness and treatment training, bloodborne pathogen training to all cafeteria staff, bus drivers, and school staff, CPR certification and recertification to all staff, BLS certification to school nurse and health science teachers and CSH coordinator, partnered with Rural Health Clinic to provide in school clinic on pre-K and K registration days, partnered with a Tennessee Technology Center LPN class and provided Teddy Bear Clinic, and partnered with UT Extension and did Girl Talk, quarterly newsletters on various health risk and ways to improve health, Dyersburg State nursing students provided lessons on various health topics to the students, encouraged staff to wear red on Fridays during Heart Health Month, lesson on bullying to 6th grade class, partnered with UT Extension Agent – Food Fiesta at HES – 2nd grad, talked to RES Principal regarding Food Fiesta – school year 2011-2012, Hand Hygiene – partnered with UT Extension Agent, Mission Good Health Truck – partnered with Leboneur, hygiene taught in 5th grade classes, and Making Healthier Choices taught in 6th;
- Physical Education/Physical Activity Interventions – Walk Across Tennessee with Students – provided Healthy Snack and prizes to winning class, Exercise of Fame - had 3 drawings and gifts that promoted activity was given away, Better Me program implemented - partnering with Health Dept., in-service with Teachers on Brain Gym in the classroom, Building a Healthier You with the staff that encouraged physical activity, provided walking DVD's for staff – fitness class started at HES, newsletter sent out to staff regarding importance of physical activity during the day – to refresh the Students brain and body, and BRQ balls purchased for several classrooms;
- Nutrition Interventions – schools are not frying food, many foods served in the cafeterias are whole wheat, low fat cheese, turkey hotdogs, applied for Fresh Fruit and Vegetable Grant, universal free breakfast offered and increased participation, bananas given to Teachers during TCAP week, list of healthy snacks sent home to parents encouraging them to send healthy snacks to school, especially during TCAP week, low-sugar breakfast implemented at RES, water being offered to all students, Fresh Fruit and Vegetable Grant, and low sodium foods in cafeteria

- Mental Health/Behavioral Health Interventions – work closely with school counselors to address several issues students have, Veldon “Doc” Reedy work with several students on behavior problems and coping mechanisms, some home visits done with MSW interns to homes of students whose parents were not compliant with medications, met with HHS counselor to discuss possibility of starting the P3 program, talked with Youth Villages regarding their procedures on handling a child in crisis, CPI training/ certification obtained, and work with professional counseling center – social workers regarding several students in our county

New or strengthened policies have been developed since Coordinated School Health was introduced. These policies include a wellness policy, head lice policy, medication administration policy, and a drug testing policy.

In such a short time, CSH in the Lauderdale County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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